Before Baby Comes

A Talk to Expectant Mothers

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Before Baby Comes

A short talk to Expectant Mothers

Published by

The Glaxo Mothers' Help Bureau
Glaxo House, London, N.W. 1.

Telephone: Museum 8040 (9 lines)
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A Bonnie Glaxo Girl, aged 12 months.

"A Happy Baby makes a Happy Mother."

WHEN MOTHERHOOD REALLY COMMENCES

WE are wrong when we say that someone is "about to become a mother." The expectant mother is already a mother. Already she bears another human life. The young being who is her burden and care for months to come is already alive, already growing, feeling, developing, already doing many things it will do after birth, but in its own special way. We know that all our efforts and devotion, after a child is born, may fail unless that child has been properly cared for before it was born.

You, who are about to make the world richer by another being, are a doubly precious, privileged and responsible person. Your task is harder and

more exacting than that of any animal mother, or any savage mother, because you are caring for the earliest months of the highest form of life that exists, a child whose head will be bigger in proportion than the head of a baby savage. And more than that, modern civilised woman is a sensitive, imaginative person, is liable to be upset in her "nerves," to have her sleep spoilt, to worry and fret, as lower types of women are not. But we make the worst possible mistake if we suppose that, because of her condition, the expectant mother is ill.

She ought not to be ill, or to feel ill, she ought not to be satisfied if she does feel ill. On the contrary, there are many women who are never so well in their lives as during this time.

But, of course, this health must be cared for, and since all that the mother does for her own life is really done for two, it is clear that she is in duty bound to take special care of herself at this time.

THE EXPECTANT MOTHER'S FOOD

You are feeding for two, and one of the two is building brain and bone and muscle out of the food which you take and which your blood carries swiftly to your child in a few seconds after the few hours during which you are digesting it. If it be the wrong food, or insufficient, or not digested, then you will suffer more or less, but your baby will assuredly suffer too. Eat at the regular hours to which you have been accustomed. Do not eat between meals, and do not force yourself to eat more than you feel inclined for.

Indigestion nourishes nobody. However good and abundant your diet, it is worse than useless if you cannot digest it. Everyone knows that a woman is apt to suffer from "morning sickness" in the earlier months of pregnancy, and anyone can understand that the work of the stomach can scarcely be made easier when it finds itself cramped by having to make room for "the little stranger" in the later months. Therefore, it is clear that special care must be taken about food, and that you must avoid mere *bulk* at this time. What you need is abundance of simple, good food sufficiently varied, with only a very moderate quantity of mere "ballast," and capable of easy digestion.

The simplest foods are the best; and fruit being the simplest means of keeping the bowels in action, is the best "medicine" for that important purpose. Milk surpasses all other foods for the expectant mother; but raw cow's milk, in its natural state, is too bulky and too liable to impurity and infection for us to be satisfied with it. The object of this booklet is to serve *you;* and if the use of the dried milk called Glaxo did not serve you it would have no place here. But, indeed, it is of high service. Whatever the time of year—even the hottest—Glaxo is safe and the mother cannot be infected by it with germs of disease which might injure her and her child. The careful studies which have been made of the various ways of using Glaxo will enable you to employ it not only by itself but in a variety of ways which help the appetite, whilst ensuring that plenty of this precious and concentrated food is taken. (Send for the special recipe book for expectant mothers).

There was a time when, before the gaining of the real and exact knowledge which we have to-day, expectant mothers, and nursing mothers also, were advised to take stout as a precious tonic and food during their time of double need. *We know now positively and exactly that the old ideas were false and harmful.* Compared with the nourishment in Glaxo, that contained in the best stout is simply not enough to be named at all; and if we make an estimate of the comparative cost of the nourishment in the two, the result is more decisive than ever. Further, it has been proved that the alcohol in the stout or porter (or wine or spirits, of course) actually enters the body of the unborn child in a very short time and directly injures its health and development. There is good evidence to show, also, that for exactly similar reasons the expectant mother should not smoke. The advice here given follows the teaching of a well-known doctor who has lately set these conclusions forth in a manner convincing and accepted.

Now, just consider. On what *alone* does baby live and grow and develop from his birth onwards? Milk and nothing but milk, as we all know. Then why cannot we all see that, surely, nothing can equal milk as the food which his mother should take before his birth for him to live on and grow on? Before his birth you take milk and change it, a little, before you feed your unborn baby with it; after his birth you take milk also and change it, a little, before you feed your baby with it from your breast. There is a difference in the way in which baby gets his milk before and after his birth, but the principle is just the same all the time.

Do not allow yourself to get "soft." There is a sense in which you are rather like a boy or girl who is "training" for a race or a game. You must not say, when several months have passed and when the room your baby takes up is interfering with easy breathing, that now you must just take to your couch from your bed in the morning, and to your bed from your couch at night. That is a great mistake. You must keep yourself "in condition." You will find that that is quite easy and you will be astonished to find how much you can do; but if you first let yourself get flabby and "out of condition," then getting right again is a slow and tiresome business.

Of course, things may go wrong, or seemingly try to go wrong, sometimes; and so we will be on our guard. You cannot hear or follow better advice than this: *to consult a doctor very early, the sooner the better, when you know, or even when you suspect, that you are already taking care of another life besides your own.* Volumes could be written—volumes *should* be written—proving from innumerable cases the value of this, and also the deplorable results, often and often, which this would have averted. *Every expectant mother should be under medical care.* No expectant mother in coming days, when the facts are known, will ever consent *not* to be under medical care. If she would rather the doctor were a woman, then she should have just the kind and just the sex of doctor she prefers. This is especially important in the case of first babies, but the expectant mother who has learnt the comfort and protection and security of it during her first pregnancy will take very good care not to be deprived of it on any

subsequent occasion. Of course it is only common-sense—though much too rarely followed—that the doctor who is taking care during pregnancy, shall be the one who is engaged to look after the confinement. Too often we get dangerous happenings, perhaps tragic in the last degree, because a doctor is called in at the last moment and finds he has to deal with some difficulty which, if he had been consulted at the right time, would have been discovered and removed.

In a book of this sort, the mother may look to find descriptions of all the illnesses and complications which it is possible to meet with during pregnancy. It is, however, not our intention to enumerate these. Firstly, because it is such a mistake for the pregnant mother to be devoting her thoughts to possible disasters, and secondly, because she should, as before stated, be in the hands of a medical man or woman who will be relieving her of anxiety and watching over her health for her.

Such common discomforts of pregnancy as sickness, indigestion, constipation, cramp and sleeplessness, can, to a very large extent, be avoided by following the simple rules of hygiene which we are about to lay down.

The sickness is, as every woman knows, a symptom of pregnancy, but by keeping the body free from poisons and doing suitable exercises, and in every way keeping "fit," much can be done to reduce this sickness to the smallest possible point.

Symptoms such as giddiness, puffy ankles, loss of blood and pain, definitely demand immediate medical advice. We know that they *may* mean

something which can be dealt with now, but might be disastrous later on.

We want to especially insist on the desirability of having the urine examined. By this means can be detected the very first signs of a serious danger which, if neglected, may blaze up during, or near, labour. By early detection and proper treatment it may almost always, if not absolutely always, be prevented. In such case the expectant mother's kidneys will need relief from strain by putting her on to a milk diet, (very conspicuous is the usefulness of Glaxo in these by no means uncommon cases). We repeat, therefore, that it is essential for every expectant mother to put herself under the care of the doctor very early in pregnancy, a doctor who will, in due course, understanding her case and having gained her confidence and esteem, conduct the labour and take care of her and her baby after it. The nurse, too, should be engaged early. It is a comfort to the mother to know that this matter is arranged. The two should be acquainted so that the mother feels it is a friend, not a stranger, who is coming to her in her hour of need.

Everything which will be wanted for the confinement should be ready not later than the seventh month. All the things should be wrapped in clean paper, and put in order in clean drawers and cupboards. The nurse who has been engaged should know where to find all that she will require.

BABY'S GROWTH

Baby is living and growing. Only from your blood can he derive the nourishment he needs for

these important functions. Your blood must therefore be good and pure.

To ensure rich, pure blood, the mother must take suitable food, keep her digestion in good order and have abundance of fresh air. Meals must be taken at regular hours. The mother should, if possible, rest for about half-an-hour before eating and for about an hour after eating. This rest will greatly aid digestion. The food must be simple, wholesome and easy to digest. As to quantity, she should take just the amount she feels she needs. It is a mistake to overburden her digestive organs by forcing herself to eat more than is desired.

EXERCISE

On the question of exercise, no hard and fast rule can be laid down. The mother must be guided by her medical attendant. A woman who has had a miscarriage must act with caution; but, speaking generally, it is safe and advisable to continue, in moderation, any form of healthy work and recreation to which she has been used. She must not get over-tired nor expose the body to any risk of undue strain.

The mother who has all her own housework to do usually gets plenty of exercise and the best advice to her is, "rest as much as you can." Whenever possible, rest with the feet up on a couch or another chair and do the resting out-of-doors.

FRESH AIR

The mother should be in the open air as much as possible. When indoors, she should keep the windows wide open day and night.

CLOTHING

The matter of clothing is important. Baby's growth and movement must not be interfered with by anything that restricts the mother's organs. Tight clothing will cause indigestion and constipation by still further compressing the stomach and bowels, which are already being pressed upon by the growing child. Corsets should be discarded. One-piece garments are best; but if any skirt or petticoat is fastened round the waist, its weight should be supported by shoulder-straps. During the later months, it will probably be found a comfort to wear shaped belts to support the abdomen and breasts. A breast band is easily made at home.

An excellent abdominal belt can be obtained from "Glaxo." It is simple, comfortable and soft. If properly adjusted, it will bring great comfort by supporting and relieving the weight during the later months. (See page 21).

HYGIENE

Baby is giving off from his body waste material, just as every other living body does. The mother must get rid of these poisons from her system. The organs which dispel these waste matters are the bowels, kidneys, lungs and skin.

THE BOWELS.

Any tendency to constipation must be overcome by dieting and regular habits—not by taking aperient medicines. Special care must be taken to ensure regular actions of the bowels. The pressure caused by the weight of the child is increased if the bowels are loaded—this pressure makes it more difficult than in ordinary times to have a motion. By assuming a squatting posture, the mother will find it easier to relieve the bowels. First thing in the morning before breakfast a drink of water with fruit juice, such as orange, lemon or lime juice, will be of considerable aid to the bowels. Some persons are more affected by eating stewed prunes or stewed figs early in the morning. Half-an-hour before each meal throughout the day, a good drink of water should be taken. Fruit or green vegetables should form a part of each meal.

LUNGS, KIDNEYS AND SKIN.

The lungs will do their share of the work in throwing off waste materials if they are not hampered by tight clothing and if an abundance of fresh air is provided. During pregnancy a great amount of work is thrown on the kidneys. The skin can take a large share in this if it is kept healthy. In order to keep the pores of the skin open and able to throw off waste matters, the entire body must be washed daily with warm water and soap—this is a rule of health which should be observed at all times, but it is especially necessary during pregnancy. It is not wise to have very hot baths during the first few months of pregnancy, especially for a woman who is liable to miscarry.

Tepid baths may be taken, or the daily washing can be done without actually sitting in the water.

TO EASE LABOUR.

During the last two months, and particularly the last two weeks, hot sitz baths are advisable, because they soften the tissues and so help towards an easy labour. A sitz bath is taken in the following manner:—sit in a hip bath with the feet on the floor—the water should be deep enough to reach the patient's waist, thoroughly immersing the lower part of the back, abdomen and thighs.

The water must be as hot as the patient can bear it. A large blanket should be wrapped round, entirely enveloping the patient and the bath. It should be fastened round the neck, so that only the patient's head is outside. Boiling water should be added from time to time, so as to keep the temperature of the bath as high as the patient can possibly bear it.

CARE OF THE BREASTS

By caring for the breasts during pregnancy, the mother can save herself much pain and baby much irritation. Twice a day wash the nipples with warm water and soap. Any crusts which form should be softened with oil and removed. If the nipples are small and depressed, they must be gently drawn out and shaped with the fingers. If they are too depressed to be got hold of by the fingers, a long-stemmed clay pipe should be used. Put a little vaseline round the edge of the bowl to make it cling to the skin. The mother can then draw upon the nipple by suction through the stem of the pipe. In order to prepare the nipples

for baby, they must be daily rubbed with a mixture of spirit and some oily substance mixed in equal parts. The spirit hardens the skin and the oily substance keeps it pliable. Eau-de-cologne, whisky or spirits of wine can be used mixed with an equal quantity of glycerine or lanoline. Rubbing the nipples with a nail brush—at first gently with an old soft brush and later with a harder one—will toughen the skin and prepare it for baby.

CARE OF TEETH

The condition of the teeth has a very large influence on the general health.

The presence of decayed teeth and an unhealthy mouth are sure to cause indigestion for two reasons. Food cannot be properly masticated if the teeth are not in good order. The poison from bad teeth mixes with the food, is swallowed and upsets the stomach.

A tooth that is at all decayed is likely to become worse very rapidly during pregnancy. It is always wise, therefore, for an expectant mother to visit a dentist as soon as she realises her condition. If the teeth are all set in order and properly cared for, they are not likely to give trouble, and the health of both mother and child will be benefited.

SLEEP.

During the latter months your sleep may be disturbed by the difficulty of finding a comfortable posture. One of the following methods may bring relief:—

(1). Have sufficient pillows to support you in an almost sitting position.

(2). Lie on your side with a pillow under the abdomen to take the weight of the child.
(3). Raise the knees by having a firm bolster under them.

MENTAL HEALTH

Lastly, a word about health of mind. The mother's mental attitude has a great effect on the child. The worrying, over-anxious, irritable mother will have a fretful, restless baby. The placid, happy mother will have a contented baby. It is best, therefore, for both mother and child, that expectant motherhood should be a time of tranquillity and genuine happiness. Not only will baby's disposition be affected by the mother's mental attitude, but his very physical appearance may be influenced. One could quote instances little short of miraculous, of children whose appearance and character have been shaped by the expectant mother's thoughts. It is not the sudden happening or scene witnessed by the mother that is going to affect her child. It is the constant flow of thoughts and actions and influences throughout all his months of pre-natal growth.

The mother wants pleasant things to occupy her mind and keep her thoughts from dwelling too much on her condition. This is particularly necessary for women who are inclined to be nervous. It is very unwise for any woman to allow her mind to dwell on the coming ordeal. Change is needed. Many of the ordinary channels for obtaining this are closed to the expectant mother by her condition. But a little thought will soon show that there are many simple ways of

obtaining it. The altering of the hangings and pictures in the living-room will bring pleasure and cheerfulness to many women. The pictures should be well chosen and represent happy and beautiful subjects. The draperies should be selected to make the surroundings of the mother-to-be restful and harmonious. The books she reads should portray splendid characters and lead to lofty thoughts and aspirations. She should also study books on "Baby Lore." By learning now how to care for her little treasure after birth, she will save herself much anxiety, and Baby much suffering. To lovers of music there is nothing more soothing and elevating than to listen to good music well rendered. A woman who is fond of gardening will find this occupation health-bringing to both mind and body. There are few hobbies more absorbing to the nature-lover than to watch from day to day the opening of leaf and flower. The woman who is not so fortunate as to possess a garden of her own need not be debarred from this pleasure. In the meadows or parks she can search for each new miracle—the birth of Nature's children in the spring, the full beauty of their maturity in summer, or their gentle falling to sleep in the autumn.

Each walk must have an object. The mother who wanders listlessly along, feeling that she is merely performing an allotted task, loses half the benefit of her outing. All women are not nature-lovers, and those who are not may be more cheered and interested by studying the shop windows and watching the passing bustle and traffic and life of a busy street. Each should select for herself the companionship, occupation and surroundings most

calculated to render her interested, cheerful and uplifted.

Every woman, even though she be not particularly sensitive and imaginative, needs to be protected from unnecessary anxieties. She needs to feel that she and the little life in her keeping are in the guardianship of someone in whom she can place confidence and of whose knowledge and sympathetic understanding she feels assured. Entirely apart from any bodily risk or danger, it is therefore well worth while to be under the care of the right kind of doctor. It is the natural wish of each mother—and father, too—that baby shall be beautiful in mind and body. Every parent can do much to bring about the fulfilment of this wish. Let the mother live a happy, healthy life, surrounded and protected by the loving, sympathetic consideration of her husband and she will obtain the peace and serenity of mind so necessary to the noble and creative work of Expectant Motherhood.

LIST OF ARTICLES NEEDED AT CONFINEMENT

For the Mother.

A good supply of night-dresses (six or more) which must open easily and comfortably in front.

Two or three old sheets for draw sheets.

1½ yards rubber sheeting 1 yard wide.

1-lb packet absorbent cotton wool.

1 small packet of sterilised gauze.

Three or four abdominal binders (2 yards long, about 18 inches wide) to be made of narrow round

towelling or unbleached calico or other firm material. Roller towels answer the purpose very well.

A nursing cape.

A good supply of towels, sheets, pillow-cases.

One dozen LARGE strong safety pins to fasten the abdominal binders.

Bed-pan (with flannel cover if required) and mop for washing.

Six hand basins and bowls of various sizes.

Small zinc bath or other receptacle for soiled linen.

Two or three large jugs or cans (the nurse will fill some with boiling and others with cold boiled water).

There must be arrangements for a plentiful supply of boiling water at the time of confinement.

Paper or dust sheet to cover carpet by bed-side.

Wright's Coal Tar or other disinfectant soap.

Two new nail brushes.

4 ozs. of boracic crystals.

Two hot water bottles with flannel covers.

One roller towel (or other suitable thing) to act as pulley at foot of bed.

Old flannel petticoat just to wear during labour, must be slit the whole length on one side.

Warm stockings to wear during labour (white for preference).

Dressing jacket, dressing gown, bed-room slippers.

Two large absorbent wool sheets, about 2ft. square (or larger).

Two or three dozen largest size sanitary towels.

Nurse will probably get corrosive sublimate tablets and any other disinfectants, drugs, etc., which she may require.

It is wise to provide the nurse with a gas ring, kettle, good saucepan, etc., so that she can prepare tea, invalid foods, etc., somewhere near the bedroom and be independent of the kitchen.

A complete "accouchement set" can be purchased from the outfitting department of any good Store.

If the price of mackintosh is prohibitive, in place of it, American cloth can be used.

Instead of absorbent wool sheets, paper can be used. The mother who intends to use paper should collect sheets of clean newspaper, tack them together, and when a thick wad is ready, cover it with a piece of muslin.

This list is intended only as a rough guide. It can be altered and added to, to suit the requirements and circumstances of each case. Some nurses like to use one thing and some another. The wisest course is for the mother to engage her nurse or midwife as early as possible, and get from her a list of the things she should prepare.

For the Baby.

Cot or bassinette, blankets, pillow cases, mackintosh—no sheets.

Old shawl or piece of flannel to wrap baby in before he is washed.

Pure olive oil to rub him with.

Basket containing set of clothing. Flannel bathing apron. Two or three soft towels.

A good supply (a dozen or more) old pocket handkerchiefs, thin and soft, to be torn in tiny strips. Glass stoppered, wide mouth jar is the best thing to keep the scraps of old linen in. A second jar or other suitable vessel contains tiny swabs of cotton wool.

Safety pins, scissors. No needle or cotton is required if Glaxo binder is used.

Flannel or bath towelling (not sponge) for washing.

Powder in dredging box (no powder puff).

Soft hair brush.

1 oz. starch powder, 1 oz. zinc powder mixed.

Thread for tying cord. Pure toilet soap.

Low chair. Bath on stand or stool.

Bath thermometer. Scales (if possible).

Baby should have six each of vests, long flannels, binders, knitted body belts (the binders will be used first, and after about a week they will be replaced by the body belts), robes and nightgowns. The nightgowns will be worn for longer as baby can continue to use them after he is short-coated in the daytime. By frequent washing, a mother might be able to manage with less clothing. If baby is to be kept nice he will need a clean robe every day and a clean nightdress every night. If desired plain flannels can be made for night wear and more elaborate ones for day.

Four or five dozen napkins will be required. Baby will use about twenty in the 24 hours. Several pairs of woollen bootees, two or three knitted or flannel matinee jackets.

The GLAXO MATERNITY BELT

(Patent No. 153731)

As stated on page 11 of this little booklet, it is wise for the expectant mother to discard her corsets and wear a suitable abdominal belt.

We are now able to supply such a belt. It is soft, without stiffening of any kind. It gives the necessary upward pressure and support.

The suspenders can be attached to the belt, thus rendering it unnecessary to wear a suspender band.

Mothers who have worn these belts, write :—"It is indeed kind of you to send me the belt so quickly. . . . I must say it is a great benefit to me. . . . I can keep about better by wearing it."

"Mrs. B. thanks the Glaxo Nurse for the belt received safely. It is proving a great comfort and support."

"Enclosed please find P.O. to cover cost of the Ante-Natal belt. I have found it most comfortable and am very pleased with it."

From Nurses we have received the following :— "Thank you for sending us the belts. Our Doctor thinks they will do well. We should be glad if you would let us have another."

"Could you supply me with two of your abdominal belts for pregnant women? I saw and examined the belt at the lecture given by . . . I was struck by the simplicity of the belt and I am sure it will prove a great boon to many women."

For price of Belt—see special list.

THE GLAXO MOTHERS' HELP BUREAU

Glaxo House, London, N.W. 1.

Glaxo

for Expectant Mothers

Both baby and yourself will benefit if Glaxo is included in your diet. Nutritiveness and ease of digestion are the first essentials of your food at this time, and Glaxo combines these two essentials in a high degree. You can take Glaxo by itself as a delicious drink, or in coffee, cocoa, puddings, blancmange, soup, porridge, bread-and-milk, etc. It has been repeatedly found that Glaxo taken by the mother herself both before and after the birth of her baby improves her breast-milk; and many mothers have, by taking Glaxo themselves, been able to satisfy baby at the breast, whereas before it was impossible.

"I always make my 'lady patients' drink Glaxo during pregnancy as part of the system of Ante-Natal Treatment I advocate to ensure 'resistance' during same and the lying-in period, and I also give it to them to aid them while nursing. I find it does not make them so bilious or so constipated (bowels being quite safe from risks of contagion) as the cow's milk, ordinarily obtainable."—*From a Nurse.*

The Glaxo Recipe Book

To compile this book we asked nurses to give us their best recipes for using Glaxo. These recipes were then carefully tested and revised by our own cookery expert. Over 160 recipes have been carefully arranged under their respective headings and indexed for easy reference. It is an invaluable book for expectant mothers, nurses and those who have to cater for children, invalids or aged people. The price of the Glaxo Recipe Book is given on special list.

Glaxo

Baby Clothing Patterns

and Knitting Directions

The garments made from the Glaxo patterns and Knitting Directions are pretty, cosy, comfortable, inexpensive and simple to make—easy to put on and take off—indeed, are just the last word in baby clothing, a boon and a comfort to both yourself and baby. The Glaxo vest, long flannel and robe can all be put on together—a great advantage, especially if baby is delicate and should not be handled unnecessarily. No pins are used in any Glaxo garment. The special "lock" binder, invented by a Glaxo nurse, keeps in position without pins, tapes or stitches.

Have all baby's clothes made from Glaxo patterns; it will add much to his comfort and happiness. There are patterns for both boys and girls up to 3 years. For prices of Patterns and Knitting Directions please refer to special price list.

An illustrated descriptive list of the Glaxo Patterns and Knitting Directions will be sent you direct—on receipt of stamp to cover postage—if you will make application to Glaxo, Glaxo House, London, N.W. 1.

Glaxo

Mothers' Help Bureau

A mother says:—"Glaxo does certainly make happy babies, and your Mothers' Help Bureau should make happy mothers, as one does like to feel one is doing the very best for the wonderfullest in the world, and to have a sympathetic, experienced adviser is a great help to a new mother."

Always remember that the trained Glaxo Nurses, who are in charge of this Bureau, are ever ready to help and advise you, but do not lose valuable time in writing to them *if you ought to consult your doctor.* The Glaxo Nurses cannot, of course, take the place of your doctor, resident trained nurse or midwife, but outside the province of these there are often many little problems which can be happily solved by writing to the Bureau. So when you feel uncertain on any such point about yourself or baby and would like personal advice, don't worry —write to the Glaxo Nurse. Your letter will have her personal attention.

It goes without saying that all such correspondence is regarded as strictly confidential. *As no charge is made for this service, we ask you kindly to enclose stamp to cover reply postage.* Write to The Glaxo Nurse, Glaxo Mothers' Help Bureau, Glaxo House, London, N.W. 1.

Glaxo

136-page Baby Book

The first pages of the 136-page Baby Book are headed "Before Baby Comes," and are of special value to the expectant mother. Next it goes thoroughly into the question of Baby's clothing and the preparation of Baby's nursery—matters which must, of course, be settled before baby arrives.

The Glaxo Baby Book is, in fact, a text-book of Mothercraft—written in language that every mother can understand and apply, arranged under headings and indexed for easy reference—crammed full of baby-lore and mother-wisdom.

It is a human book, written with womanly-wise sympathy and a full understanding of a mother's trials and difficulties. It is free from "fads"—just tells a mother the right thing to do and how to do it on every imaginable occasion. The Nurse who wrote this book, under the supervision of a doctor, has spent twenty-six years in loving study of babyhood.

Read this book now and be prepared. Do not wait until Baby has been made ill before you seek to acquire the knowledge so essential to baby's health and progress.

One mother writes: "I was surprised at the size of the Baby Book. It is a gold mine of information to the inexperienced, and will prove a great help to me."

For price of the Baby Book, please refer to special price list.

Glaxo

"Builds Bonnie Babies"

Glaxo contains all the nourishment baby's rapidly growing little body needs, and nothing whatever to cause him indigestion or pain. Glaxo is milk with all the worry taken out—pure, clean, fresh milk standardised and enriched by the addition of extra cream and milk-sugar, with all its original purity and freshness fixed and retained by the Glaxo process at the source of supply.

But not only does the Glaxo process make this milk safe for baby; it makes it suitable, too, for it makes the nourishing curd of the milk comfortably digestible by even a very weak baby, so that he may be nourished by every drop of Glaxo he swallows. Glaxo full-cream dried milk contains over 25% pure butter-fat, which is rich in the Vitamins indispensable to proper nutrition and growth.

To prepare Glaxo for baby you simply add what the Glaxo process has taken away—the water. Just add hot water—no milk or cream—because Glaxo *is* milk and cream made safe and suitable for baby by the Glaxo process.

A DOCTOR'S OPINION.

"Glaxo is not only perfect from a scientific and clinical point of view, but it is so easily prepared that, even in the hands of the most ignorant or careless person, I firmly believe that infants would thrive and avoid the many dangers that there are with infant feeding."

(Signed)——, M.R.C.S., L.R.C.P., Medical Officer of Health.

Ask your Doctor.

A Doctor's Glaxo Girl, aged 4½ years

"A Happy Baby
makes a Happy Mother"

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Glaxo

Mothers' Help
Booklet No. 4
Price 3d.